

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

April 2012

Tostadas Spinach Dip Orange Banana Frosty Cucumber Yogurt Dip Lisa's Famous Dessert

Spinach Dip

1 packet ranch salad dressing mix
16 ounces fat-free sour cream
1 package (10 ounces) frozen spinach, thawed and well drained
8 ounces water chestnuts, drained and chopped

1. In a medium size bowl, mix all ingredients together.
2. Serve with crackers, bread pieces, or fresh vegetables; or spread on a tortilla shell, roll up, and slice.

Nutrition Note: This recipe makes 17 servings (¼ cup of dip). Each serving has 70 calories, 0 grams of fat and 7 gram of carbohydrates.

Tostadas

4 corn tortillas
1 cup fat-free refried beans
¾ cup shredded reduced-fat cheddar cheese
1 cup fat-free sour cream
1 cup shredded lettuce
1 cup shredded carrots
1 cup salsa



1. Preheat oven to 350 degrees.
2. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
3. Spread ¼ cup beans on each tortilla. Top with 3 tablespoons cheese.
4. Put back into oven. Bake until cheese melts, about 2 minutes. Remove tortillas from pan and place each on a dinner plate.
5. Top each tortilla with ¼ cup sour cream, ¼ cup shredded lettuce, ¼ cup shredded carrots and ¼ cup salsa.

Nutrition Note: This recipe makes 4 servings. Each serving has 230 calories, 2.5 grams of fat and 38 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“Why not? Babies are made to breastfeed. Plus my mom told us what a great thing it is.”

~ Shana, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Cut Back on Your Kid's Sweet Treats

Use the check-out lane that does not display candy, if possible. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

Source: www.ChooseMyPlate.gov

Orange Banana Frosty

2 frozen bananas
1 cup plain low-fat yogurt
1 cup orange juice



1. Put all ingredients in a blender and mix well.

Recipe source: SNAP-Ed Connection

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 1 gram of fat and 25 grams of carbohydrates.

Cucumber Yogurt Dip

- 2 large cucumbers
- 2 cups low-fat plain yogurt
- ½ cup fat-free sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots



1. Peel, seed and grate one cucumber. Slice the other cucumber and set aside.
2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli and carrots on a platter.
4. Serve with dip.

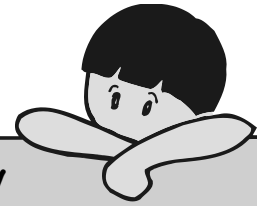
Recipe source: SNAP-Ed Connection

Nutrition Note: This recipe makes 6 servings. Each serving has 100 calories, 1.5 grams of fat and 16 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV



Play Running Games: Throw pillows on the floor and ask your child to run around them or over them. Take your child to a play area (indoors or outdoors) to run around.

Lisa's Famous Dessert

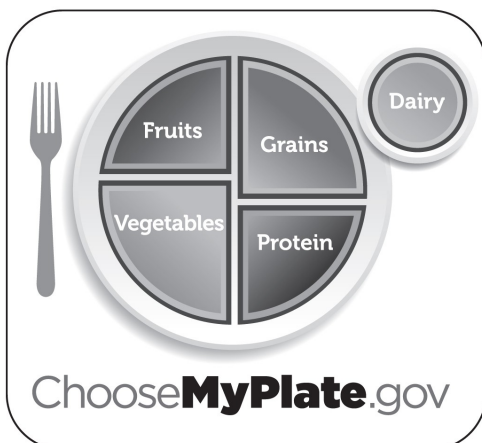
- 1 box (3.5 ounces) instant pudding mix, banana or vanilla
- 2 cups skim or 1% milk
- 8 ounces fat-free vanilla yogurt
- 2 sliced bananas or other sliced fruit

1. In a medium bowl, combine pudding and milk. Beat with a wooden spoon, wire whisk or electric mixer on lowest speed for 2 minutes.
2. Gently mix yogurt with pudding mixture. Refrigerate for 30 minutes.
3. Layer fruit slices in the bottom of 8 dessert cups.
4. Pour the pudding mixture over sliced fruit.
5. Refrigerate until ready to serve, at least 5 minutes, though it's better if it's refrigerated longer.

Recipe source: SNAP-Ed Connection

Nutrition Note: This recipe makes 8 servings. Each serving has 110 calories, 0 grams of fat and 24 grams of carbohydrates.

GROWING HAPPY FAMILIES



Foods to Eat More Often.

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health – including potassium, calcium, vitamin D and fiber. Make them the basis for meals and snacks.